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Allette Vayda, Director of Operations
Nutrition Programs
Childcare and Community Services
Tennessee Department of Human Services (TDHS)



Opening Remarks

SFSP Meals Served 2020

~Tennessee's 48 sponsors operated 1,500 sites~

Resulting in 7,414,974 meals served!



Clarence H. Carter, Commissioner Tennessee Department of Human Services (TDHS)





Opening Remarks

Cherrell Campbell-Street, Deputy Commissioner
Program and Services
Tennessee Department of Human Services (TDHS)





Opening Remarks



Opening Remarks



Lilly I Bouie, Ph.D., Regional Director

USDA, Food & Nutrition Service

Special Nutrition Programs

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Atlanta, GA 30303

Phone: Desk (404) 562-7072 Cell: (404) 326-

6043

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Lisa Rolle-Evans, Program Coordinator Nutrition Programs TDHS Childcare and Community Services



Program Overview

Mission Statements



School Nutrition Program (SNP)

Develop extraordinary school nutrition professionals and provide strategies to increase consumption of healthy school meals.



To build strong families by connecting Tennesseans to employment, education and support services.

How does it work?

State Agencies

- Recruit sponsors and publicize sites
- Provide training and technical assistance to sponsors
- Monitor sponsors
- Process claims and distribute reimbursements to sponsors

Sponsors

- Recruit sites and provide them with training and technical assistance
- Monitor sites
- Report meal counts and submit claims for reimbursement to the state agency
- Conduct outreach to families in the community

Sites

- Feed and supervise kids
- Keep accurate counts of the number of kids who eat
- Maintain a safe environment
- Conduct outreach to draw kids to sites

What role can you play?



Summer Feeding Sponsors



Site

- Work directly with the kids
- Learn how the program operates
- Fewer responsibilities than a sponsor
- Contact SNP or DHS
- Contact a known sponsor



Volunteer



- Contact SNP or DHS
- Contact a local sponsor

Community Partnerships

- Partnering with community-based organizations can be helpful in building awareness of the program, finding additional financial support, coordinating site activities, and recruiting volunteers to serve meals to children.
- In addition to offering support to existing sites, these and other partner organizations may have space available to host a site.
- Sponsors may consider reaching out to wellestablished community-based partners early on, as utilizing these partnership may help to create a stronger, more impactful program.



FNS Capacity Builder

- https://www.fns.usda.gov/capacitybuilder
 - Click "View Larger Map" below the map on landing page
 - Search prior summer feeding sites
 - Provides sponsor and contact information
 - Search congregations, libraries, HUD, etc.
 - Helpful for learning more about summer feeding around you and possible new sites for program expansion

FNS Area Eligibility Mapper

- https://www.fns.usda.gov/areaeligibility
 - Click "View Larger Map" below map on landing page
- Search by address to determine if a site is area eligible by Census Block Group Data
 - Eligible: Red shading
 - Ineligible: Blue shading
- How to decode the GEOID for your TMAC application
 - https://www.isbe.net/Documents/census_geoid_inst_IL.pdf

Summer Food Rocks

- https://www.fns.usda.gov/summerfoodrocks
 - Use to advertise summer feeding in your county and locally
 - Updated regularly throughout the summer
 - Provides current summer feeding sites
 - Address
 - Days of operation
 - Hours of operation
 - Contact information

Texting Line

Share Our Strength's No Kid Hungry

- Text 'FOOD' or 'COMIDA' to 877-877
- Receive prompt to enter zip code
- Receive a response with location of closest summer meals
- If no meals are nearby, prompted to call the Hunger Hotline



Texting Line



If you have a school-aged student in need of breakfast and lunch this summer, simply text "FOOD" to 877877 and receive a message back with a location closest to where they can get free summer meals.

Please copy, paste, and post!

Even if you aren't in need, someone else's kids are. No child deserves to go hungry, ever.



Meal Types

Open and Enrolled Sites may be approved to serve:

- Breakfast only
- Lunch only
- Lunch and snack
- Breakfast and lunch
- Breakfast and supper
- Snack only
- Supper only
- Breakfast and snack
- Supper and snack
- Two snacks



Camps and Migrant sites may serve up to 3 meals a day with State approval and documentation.

Summer Meal Patterns

REIMBURSABLE MEALS

FOR THE MEAL TO BE REIMBURSABLE IT MUST CONTAIN:

BREAKFAST	LUNCH OR SUPPER	SNACK
 One serving of milk. One serving of a vegetable or fruit or a full-strength juice. One serving of grain. A meat/meat alternate is optional. 	 One serving of milk. Two or more servings of vegetables and/or fruits. One serving of grain. One serving of meat/meat alternate. 	 Must contain two food items from different components. Juice cannot be served when milk is served as the only other component.



For meals to be reimbursable, they must meet the meal pattern requirements and be consumed onsite by eligible children.

SFSP Reimbursement Rates

Reimbursement January 1, 2021-December 31, 2021

Federal Register/Vol. 85, No. 251/Thursday, December 31, 2020/Notices

Per Meal Rates (Combined)	Continental US	Continental US
Site Types	Rural or Self-Prep	All Other Types
Breakfast	2.4625	2.4150
Lunch or Supper	4.3175	4.2500
Snack	1.0200	0.9975

Administrative Rates	Continental US	Continental US
Site Types	Rural or Self-Prep	All Other Types
Breakfast	0.2225	0.1750
Lunch or Supper	0.4075	0.3400
Snack	0.1100	0.0875



Self-Preparation or Vended

- Sponsors are responsible for providing meals to sites.
 - Sponsors may prepare their own meals
 - Sponsors may purchase prepared meals through an agreement with a school food service
 - Sponsors may contract for meals with a food service management company (vendor)
 - If you are considering using a vendor for you summer meals, please contact us early so that we can help you with the procurement process

Summer is an ideal time to incorporate local foods into meals.



Applicable SFSP Waivers for COVID-19

Mealtime Waiver	#66
Non-Congregate Feeding Waiver	#61
Meal Pattern Waiver	SFSP #63
Parent Pickup Waiver	SFSP #62
Monitoring Requirements	SFSP #42
First Week Site Visits	#65
Offer vs. Serve	#67
Food Service Management Contract	#71
SFSP Operation Extension	#56 and #59
Reimbursement for Meals Served Prior to Approval	#57
Flexibility for Pre-Approval Visits Waiver	#69

Additional Information about Child Nutrition COVID waivers

https://www.fns.usda.gov /programs/fns-disasterassistance/fns-respondscovid-19/child-nutritioncovid-19-waivers

Patti Pickler, Community Outreach Director Southwest HRA

patti.pickler45@hotmail.com

Phone: 731.989.5111

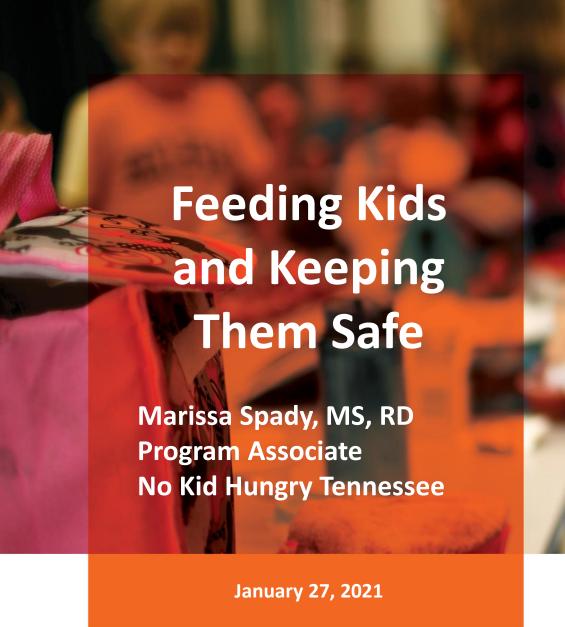


The SFSP Sponsor Experience

Marissa Spady, Program Associate No Kid Hungry



Feeding Kids and Keeping Them Safe







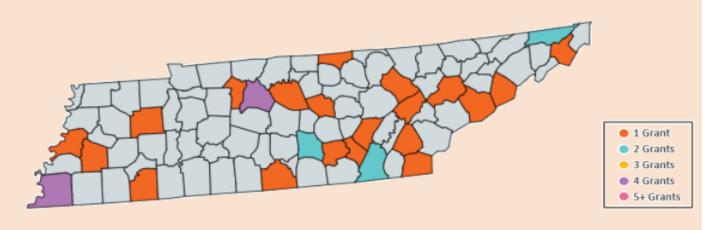
No Kid Hungry Tennessee

- Campaign of National Antihunger organization: Share Our Strength
- In 2020, we sent more than \$65 million in grant funding to 1,783 schools and organizations across all 50 states, Puerto Rico, the District of Columbia and Guam
- In Tennessee, we have given out more than \$700,000 to 31 schools and non-profits across the state during the year 2020



Tennessee Emergency Grants by County

March 15, 2020 - December 14, 2020



Safe During Summer



- Delivery Methods: Drive-thru pickups, Bus Delivery, On-Site locations
- Food: Time/Temperature;
 Instructions; Bulk Food Items
- Equipment: Insulated Coolers/Bags, Warmers, Thermometers
- Staff: PPE, Training
- Activities: On-site, Printed Materials, Virtual



Time/Temperature Control for Safety (TCS)

TCS Foods Include:

- Milk and dairy products
- Shell eggs
- Meat: beef, pork, lamb, poultry, fish, shellfish and crustaceans
- Baked potatoes
- Heat treated plant food such as cooked rice, beans, and vegetables
- Tofu or other soy protein
- Sprouts and sprout seeds
- Sliced melons
- Cut tomatoes
- Cut leafy greens
- Untreated garlic and oil mixtures



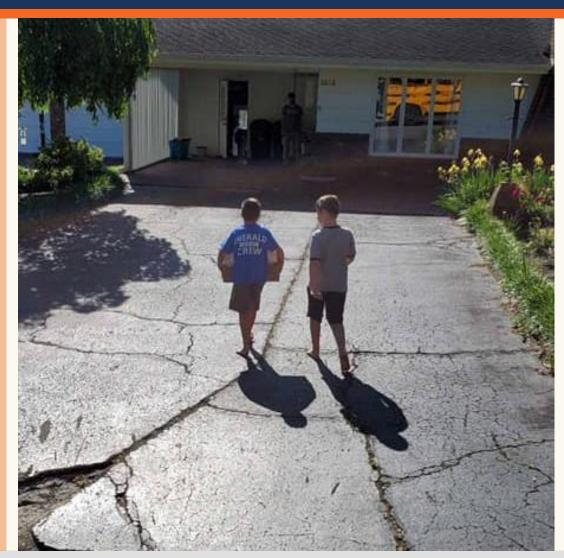
BREAKFAST Instructions:

Breakfast Chicken Filet Slider Preheat oven to 350*F. Bake chicken filet sliders in single layer on a sheet pan for approximately 20 minutes to an internal temperature of 165*F. Breakfast Pizza Preheat oven to 325*F. Bake pizza in single layer on sheet pan for approximately 13-15 minutes to an internal temperature of 165*F.

USDA Nutrition Programs in Tennessee

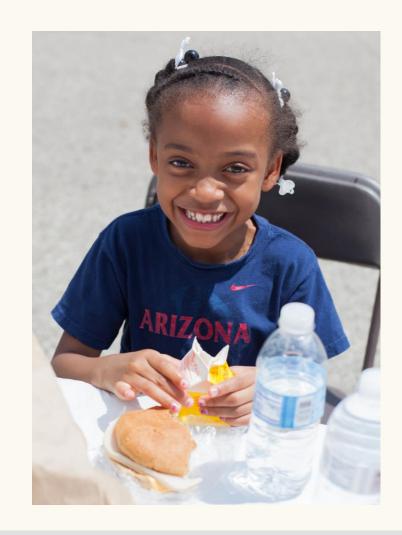
USDA Waivers in Response to COVID-19

- For NSLP, SBP, & CACFP (to 6/30/21) and SFSP & SSO (6/30/21):
 - Non-Congregate Meal Service
 - Meal Service Time
 - Parent/Guardian Meal Pick-Up
 - Meal Pattern
- For SFSP, SSO, & CACFP At-Risk (to 6/30/21):
 - Area Eligibility



How Can No Kid Hungry Help You?

- Individualized Community Assessment
- Promotion and Marketing
- Identify additional sites/Sponsors in area
- Grant assistance
- Brainstorming Session
- Media Stories



Upcoming Grant Opportunity

- Be on the lookout for a No Kid Hungry grant opportunity to help cover the cost:
 - Transportation
 - Insulated Bags
 - Coolers
 - Carts
 - PPE
 - Meal-Service items
 - Promotion items





Resources

- School Meals Marketing Toolkit
 - https://spark.adobe.com/page/HlitaOoy09DTz/
- Considerations to Serving Meals During COVID-19
 - http://bestpractices.nokidhungry.org/sites/default/files/ /2020-
 - <u>12/Explore%20What%27s%20Possible_Considerations</u> <u>%20for%20COVID-19%20Meal%20Service.pdf</u>
- Summer Meals Calculator
 - http://bestpractices.nokidhungry.org/resource/no-kidhungry-summer-meals-calculator



SCHOOLS AS NUTRITION HUBS

The Business Savvy Strategy to Reduce Childhood Hunger

Resources

- Mobile Meals Toolkit
 - http://bestpractices.nokidhungry.org/programs/su mmer-meals/launch-a-mobile-mealsprogram#mobile-meals-toolkit
- Let Your Community Shape Your Program
 - http://bestpractices.nokidhungry.org/resource/let-yourcommunity-shape-your-program
- Center for Best Practices
 - Templates, tools, research, videos, webinars
 - http://bestpractices.nokidhungry.org/sites/default/files/20
 20-
 - <u>12/Explore%20What%27s%20Possible_Considerations%20</u> <u>for%20COVID-19%20Meal%20Service.pdf</u>



SCHOOLS AS NUTRITION HUBS

The Business Savvy Strategy to Reduce Childhood Hunger



Thank You!



Questions?

Marissa Spady MS, RD mspady@strength.org 757.651.9145



Commissioner Dr. Penny Schwinn Tennessee Department of Education





TDOE Commissioner Thoughts



2021 Summer Feeding Summit

Commissioner Schwinn | January 27, 2021





ACADEMICS

ALL TENNESSEE STUDENTS WILL HAVE ACCESS TO A HIGH-QUALITY EDUCATION, NO MATTER WHERE THEY LIVE

WHOLE CHILD

TENNESSEE PUBLIC SCHOOLS WILL
BE EQUIPPED TO SERVE THE
ACADEMIC AND NON-ACADEMIC
NEEDS OF ALL STUDENTS

EDUCATORS

TENNESSEE WILL SET A NEW PATH FOR THE EDUCATION PROFESSION AND BE THE TOP STATE TO BECOME AND REMAIN A TEACHER AND LEADER











Thank You to Our School Nutrition Leaders!



Bristol City



Shelby County



Knox County



Humboldt City



Morgan County





...You embody the Tennessee Volunteer spirit on a daily basis, however, it has been exemplified throughout these unprecedented times.

Feb 2019 - Jul 2019 Aug 2019 - Mar 2020 Aug 2020 - Dec 2020pandemic)

School cities Commissioner Schwinn has visited.

Flexibilities

We are thankful for all the flexibilities that have been provided from USDA to allow meals to continue being served regardless of the learning modality that has fit best local LEAs.

- Area eligibility: allowed meals to be served in areas that would not traditionally meet the economic qualifications set forth by policy
- Non congregate: allowed meals to be taken off site to ensure safety
- Summer feeding: the ability to operate summer feeding all throughout the school year and while school is in session





Murfreesboro City Schools still offers Farm to School educational opportunities through harvesting their school gardens.





Humboldt City Schools followed a hybrid schedule at the present time and are able to feed their students on the virtual days by sending meals home with the students.

Adaptabilities

- School nutrition leaders have proved to be resilient and have adapted to multiple changes since March, without ceasing to provide meals to the communities they serve.
- Meals have been provided in a wide variety of modalities, sometimes simultaneously or switching at a moment's notice – meals in the traditional cafeteria, curbside, meals in classrooms, meals delivered, etc.



Bristol City keeping the community fed through their food truck.



Across the state it has been all hands on deck to serve the children in the community. Staff have worked countless hours during the pandemic.



Meals Served

- Total March December 2020: 74,801,462
- Meals served during the initial school shut down
 March end of May 2020:
 18,934,449
- Meals served this school year
 August December 2020:
 49,967,903





Farm to School is still happening in full force in Weakley County!

Farmers come visit students and bring products to them for fun classroom activities. They also share their Harvest of the Month Calendar!

Over the course of 21 weeks, Weakley County served 420,256 meals!

Thank you!

#TNBestforAll





The SSO Sponsor Experience: RISING to the New Normal

Angela Cardwell, SNS
Director of Nutrition
Tullahoma City Schools

Angela.cardwell@tcsedu.net

FB @tcsnutritiongenius Twitter @AngCardwell82





Where did I start?

Changes in SSO to "Champion"

- Meal pattern flexibility waiver- utilize this to remove stress of manufacturer and distributor "outs" and shortages
- Area Eligible Extension- allowed for all schools to be open for drive thru locations and continue Food Truck route
- Non congregate feeding- allows for more stops and decrease travel time on route, limit contact in cafeterias keeping all contact hands free and outside
- Meal Service Time Flexibility- opened meal delivery to be multiple meals at one time-biweekly and weekly meal packs
- Parental pick up waiver











Meal Distribution – Create and Communicate



JUNE SUMMER MEALS SCHEDULE
PICK UP EVERY

MONDAY & WEDNESDAY IN JUNE (Begins June 1)

Monday-3 day meal pack Wednesday- 4 day meal pack

S3 route 10am-2pm

DRIVE THRU LOCATIONS 11AM-12PM

EAST LINCOLN ELEMENTARY
EAST MIDDLE SCHOOL
WEST MIDDLE SCHOOL
TULLAHOMA HIGH SCHOOL

This instiitution is an equal opportunity provider

S3 route

June 1st- July 22nd Mondays and Wednesdays

10:00am	Tullahoma Village
10:20	Southgate
10:40	Whispering Oaks
11:15	Lannom Library
11:30	Cedar Lane Village
12:10pm	Highland Court
12:30	Ada Ferrell
12:45	Briarwood Apts
1:05	Eastgate Apts
1:30	Dossett





3-day meal pack



4-day meal pack







7-day meal pack







Arrange Transportation AND Back-Up Transportation









Back-Up Meal Transportation









Adapt-Rework-Adjust-Repeat



- Communicate with the community any changes, challenges and do it often
- Reach out to community partners for help, i.e.
 - * Grocery bags, monetary donations, volunteer work & goodwill, PPE needs, Community involvement, etc.
 - * Partnerships with local businesses- treats for kids, swag, free advertisement, signage, meal distribution sites, advertising, etc.
 - Food donations- local Walmart, gelato shop, and Cheese Factory
- Don't be scared to try different distribution options- daily, biweekly, weekly, what yields the best participation and costeffective labor





The SSO Sponsor Experience: RISING to the New Normal

















A local nurse made every nutrition hero a mask







Drive Thru/Walk-Up Locations





























Packing for Bulk Meal Distribution Success

- Menu:
 - Take inventory and formulate a bulk meal pack based on what is on hand first
- Calculate meal pattern needs that remain and place order with vendors based on ease in packing bulk bags
 * communicate with vendors with changes in their inventory, availability, etc every week
- Take into consideration Ind packed items sold as all a carte during "normal" school day, but may count as a grain or Meat, i.e Cheez-its, Goldfish, chips, Rice Krispie treats, beef jerky, turkey sticks, etc.
- Create meal prep, heating, cooling and storage instructions to put in every bag
- Choose items that are easy to bag or cup in needed to use bulk items, bag combination foods i.e. chicken sandwich separately and keep frozen to prevent cross contamination
- Place staff in "areas" through out the packing aisles
 - They pack designated area and then place bags down at the end of their area for the next staff member to begin in their area. This creates minimal contact with staff and limits how long each person holds bags (they become heavy very quickly)
 - Use carts to transport back to coolers, freezers until distribution time





Packing for Bulk Meal Distribution Success

- Use bulk ½ gal or 1 gallon milk in place of cartons. There are 8 servings of milk in a half gallon, 16 servings in a gallon.
- Utilize whole veggies and fruits for getting multiple servings with less items to pack.
 i.e.,

According to Food Buying Guide

- 1 whole cucumber, squash or zucchini averages to three .5C portions
- 1 whole green pepper is two .5 C portions
- 1 whole baking potato is two .5 C portions
- 1 whole sweet potato is two .5 C portions
- Try to provide variety each week. Participation goes down if same foods used each week. We
 don't bulk more than two days worth of an entrée, or 3 days of a veggie.
- Communicate to public about guidelines for school pick ups or pick ups off the food truck
- Communicate all meals are free for all children 0-18 years of age























Meal Storage and Heating Instructions

We hope you enjoy your meals! Please take a few moments to read the information below regarding storage and preparation of your meals.

All Fresh Milk & Juices - Refrigeration required. Consume by the "Best By" date located on the product.

Fresh Whole Fruit – Refrigeration recommended, but not required.

String Cheese - Refrigeration required. Consume within 5 days. All Shelf-Stable Fruit - (e.g.: Applesauce cups, shelf stable fruit cups, etc) - Shelf-stable. No refrigeration required. Consume by the "Best By" date located on the product. Fresh Processed/Bagged Fruit & Vegetables as well as cold fruit

cups – Refrigeration required.

Consume by the "Best By" date located on the product or if bagged & cut by school, consume within 3 days.

Lunch Items that require reheating (e.g.: BBQ Sandwich, Burger, Sausage Biscuit, etc)

 Store in refrigeration until ready to heat & consume. Store in the refrigerator no longer than 3 days. Heat up following the heating instructions on this form below, and consume within two hours. Cold Sandwiches (e.g.: PBJ, Wraps, Sub Sandwich, etc) – Refrigeration required. Previously frozen product. Consume within 3 days. Sandwiches (PBJ, Wrap, Sub Sandwich, Wedge Sandwich, etc)

IMPORTANT For anyone who has allergies, please be sure to read ALL labels before consuming.







HEATING INSTRUCTIONS

- A) If item has heating instructions on packaging, follow the manufacturer's recommended heating instructions on package.
- B) If item does not have heating instructions on the packaging, follow these instructions to safely heat:
- *Please note: Since the type of products vary, and all microwaves and ovens vary in power, all cooking times are approximate and may need to be adjusted.

MICROWAVE, FROM FROZEN:

- Remove the item(s) from the package.
- Microwave on HIGH for 90 seconds.
- Product is ready to consume when an internal temperature of at least 165°F degrees is reached.
- If product has not reached an internal temperature of at least 165°F, continue to reheat on HIGH in 30 second intervals until minimum internal temperature of 165°F is reached.
- Remove item from microwave, remove from wrapper, and let sit for one minute before consuming.
 Consume within 2 hours.
- *CAUTION: Product will be hot. Consume with caution.

MICROWAVE, FROM THAWED:

- Remove the item(s) from the package.
- 2. Microwave on HIGH for 45 seconds.
- Product is ready to consume when an internal temperature of at least 165°F degrees is reached.
- If product has not reached an internal temperature of at least 165°F, continue to reheat on HIGH in 15-20 second intervals until minimum internal temperature of 165°F is reached.
- Remove item from microwave, remove from wrapper, and let sit for one minute before consuming.
- 6. Consume within 2 hours.
- *CAUTION: Product will be hot. Consume with caution.

OVEN, FROM FROZEN:

- Heat oven to 325°F.
- Remove the item(s) from the package on baking sheet, and cook in the oven for 30-35 minutes or until tender.
- Product is ready to consume when an internal temperature of at least 165°F degrees is reached.
- If product has not reached an internal temperature of at least 165°F, continue to cook in oven, checking every 5-10 minutes until minimum internal temperature of 165°F is reached.
- 5. Remove item from oven and let sit for 5-10 minutes before consuming.
- Consume within 2 hours.
- *CAUTION: Product will be hot. Consume with caution.

OVEN, FROM THAWED:

- Heat oven to 325°F.
- Remove the item(s) from the package, or place fresh product (i.e. baking potato) on a baking sheet, and cook in the oven for 20- 25 minutes.
 Baking potato could take 40-50 minutes depending on size.
- Product is ready to consume when an internal temperature of at least 165°F degrees is reached.
- If product has not reached an internal temperature of at least 165°F, continue to cook in oven, checking every 5-10 minutes until minimum internal temperature of 165°F is reached.
- Remove item from oven and let sit for 5-10 minutes before consuming.
- 6. Consume within 2 hours.
- *CAUTION: Product will be hot. Consume with caution.





Share interesting facts and "Did you knows" with your community to keep them engaged.













Smile and Roll with it

lunch lady

[luhnch **ley**-dee]

noun

1. A person who does precision guesswork based on unreliable data provided by those of questionable knowledge.

See also: wizard, magician





Additional Contact Information: SSO

Randa Meade
Menu/Culinary Specialist
Tennessee Department of Education

Email: Randa.Meade@tn.gov

Phone: (629) 234-4024





Partnering with Libraries for Summer Feeding

Presented by Kate Greene Smith Youth Services Coordinator



Tennessee State Library and Archives Secretary of State Tre Hargett

January 27, 2021

















































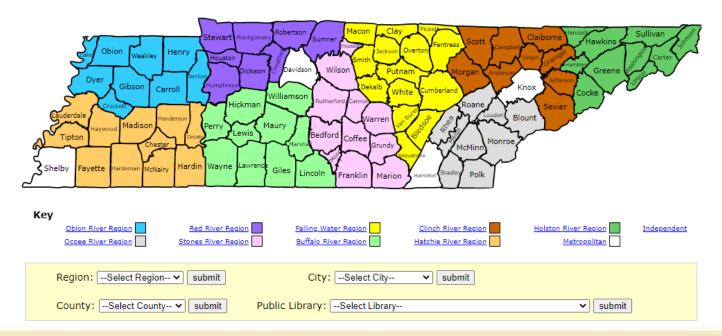
How do I find public libraries?

Library & Archives Home | Library Directory Home



Public Library Directory

Library hours are subject to change due to COVID-19 recommendations. Please call the library before visiting.







Contact Information

Tennessee State Library and Archives

https://tnsos.net/TSLA/PLD/

Kate Greene Smith

Kate.smith@tn.gov (615) 253-6445





Partnering with Local Farmers

Rachel Draper, Farm to School Specialist
Office of School Nutrition
Tennessee Department of Education







Rachel Draper, Farm to School Specialist

TDOE, School Nutrition





ACADEMICS

ALL TENNESSEE STUDENTS WILL HAVE ACCESS TO A HIGH-QUALITY EDUCATION, NO MATTER WHERE THEY LIVE

WHOLE CHILD

TENNESSEE PUBLIC SCHOOLS WILL BE EQUIPPED TO SERVE THE ACADEMIC AND NON-ACADEMIC NEEDS OF ALL STUDENTS

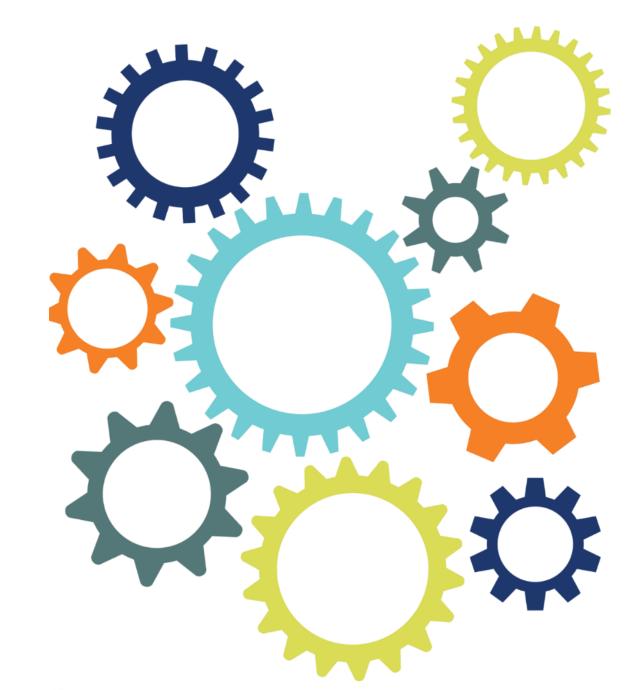
EDUCATORS

TENNESSEE WILL SET A NEW PATH FOR THE EDUCATION PROFESSION AND BE THE TOP STATE TO BECOME AND REMAIN A TEACHER AND LEADER



Mission Statement

Develop extraordinary school nutrition professionals and provide strategies to increase consumption of healthy school meals.





Objectives

- Define Farm to School.
- Discuss Farm to School in Tennessee.
- Consider Farm to Summer.
- Identify steps and resources for getting started with Farm to Summer.





What is Farm to School?

Three core elements of Farm to School:

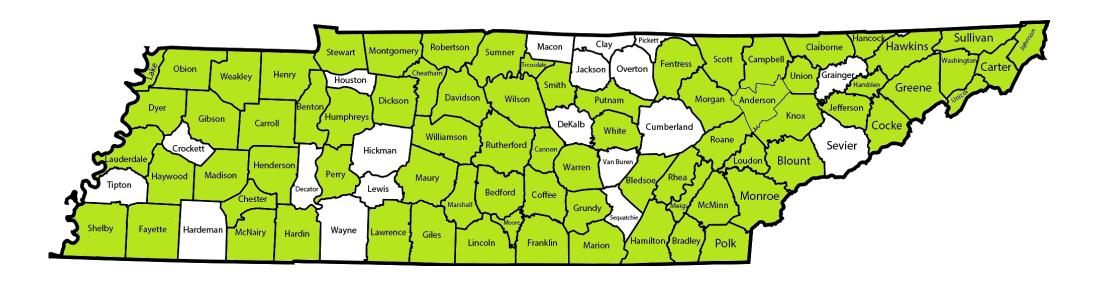
- Local food in the cafeteria
- Hands-on learning activities (school gardens, farm visits, culinary classes)
- Food and nutrition-related education in classroom

"Bringing the farm" to summer sites





Tennessee Farm to School



337 school gardens growing in elementary, middle, and high schools

\$18,126,000
of school nutrition
program budget
dollars invested in
local products

18 percent of school districts using local food in summer meals



Farm to Summer Education

Hands-on learning activities such as:

- Growing edible gardens;
- Farm or farmers market field trips.







Farm to Summer: Getting Started

Recruit agriculture-related sites and partners:

- Farmers markets
- Extension offices
- Future Farmers of America advisors

Source some products locally

- Distributor: call and ask about local offerings
- Visit farmers' markets, discuss your program with farmers
- Partner with school garden leaders

Set small, attainable goals





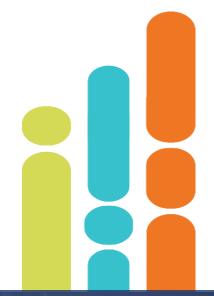
Tools for Getting Started

- Tennessee Department of Education Farm to School
 - https://www.tn.gov/education/snp-resources/snp-marketing.html
- <u>USDA Office of Community Food Systems Farm to Summer Webpage</u>
 - https://www.fns.usda.gov/cfs/farm-summer
- <u>Pick Tennessee Products:</u> Local Food Directory and Farmers Market Directory
 - https://www.picktnproducts.org/



Contact Information

Rachel Draper
Farm to School Specialist
Rachel.E.Draper@tn.gov
615-741-1140





Shelby County

Tennessee State University Cooperative Extension

Ebony Lott, TSU SNAP-Ed Extension Agent Benneka Brooks, TSU SNAP-Ed Program Assistant









Educational Programs

Adult Programs

- North Carolina: Eat Smart, Move More
- ☐ Faithful Families (Train-the-trainers)
- Cooking Matters

Youth Programs

- Choose Health: Fun, Food, and Fitness
- Teen Cuisine
- Organ Wise Guys
- ☐ Jr. Chef (Only in Shelby County)



This material was funded by USDA Supplemental Nutrition Assistance Program - SNAP, and under an agreement with the State of TN. Tennessee State University is an AA/EEO employer.





Other Program Areas



- Master Gardener Training
- Own My Own Simulations for Youth
- Financial Management
- Small Farm Production
- Homeowner Horticulture
- 4H Youth Development
- Memphis Urban Gardening Program
- TSU Farm Academy





Self-care

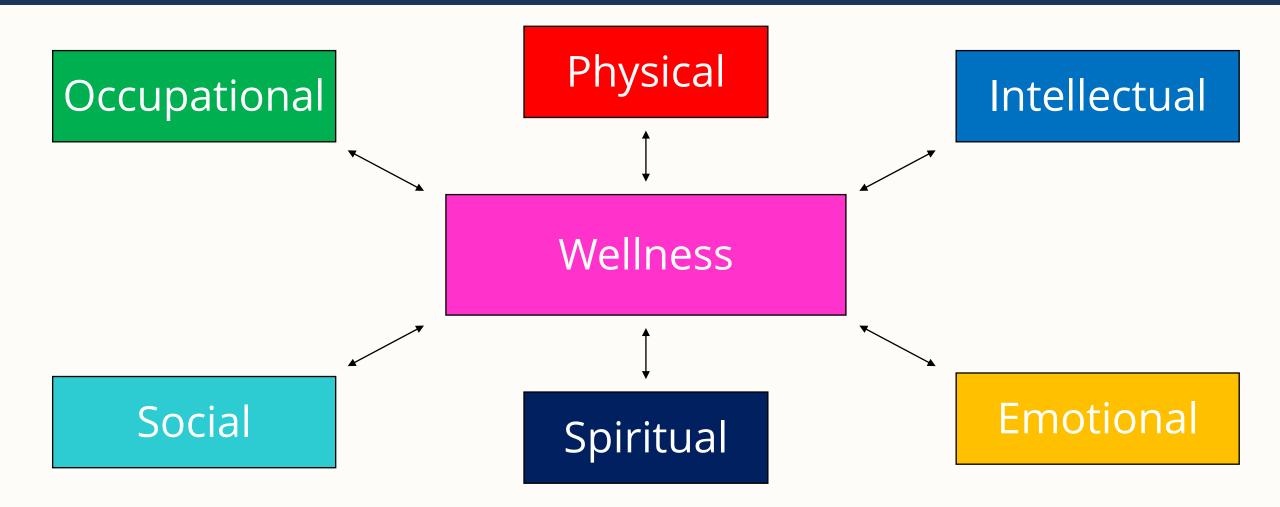
Dr. Tanya Bartee, Program Coordinator TDHS Human Resources - Talent Management Learning & Development

"An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly" ~Unknown





Self-care







Types of Self-care

Physical – Maintaining a healthy body

Emotional - Maintaining a healthy personality

Spiritual – Maintaining a healthy spirit





Types of Self-care

Social - Maintaining a healthy social balance

Intellectual - Maintaining a healthy mind

Occupational - Maintaining healthy work habits





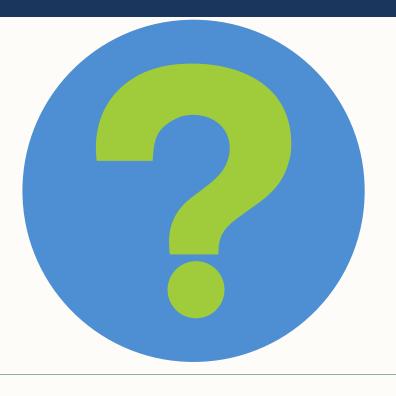
Remarks

Jude White, Assistant Commissioner
Childcare and Community Services
Tennessee Department of Human Services









Any Questions





Contact Information: Summer Food Service Program

Summer Food Service Program (SFSP)
TN Department of Human Services
James K. Polk Building - 15th Floor
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Thank You





